



Coffee and Conversation

Healthy Eating and Physical Activity

Hortt Park Thursday, June 23 10:45 a.m.—11:30 a.m.

Identify what healthy eating means, learn to eat a well-balanced meal, and discuss various activities and exercises to attain physical fitness.

Please contact Vanessa Wright at Warfield Park for questions or to RSVP (954) 828-6120.

Community CPR

Hortt Park Thursday, July 7 10:45 a.m.—12:00 p.m.

Learn basic life saving skills with Community CPR. Class tailored to the lay person.

Please contact Lee Lee Glickman at Beach Community Center for questions or to RSVP (954) 828-4610.

Medicare Fraud Prevention with Bingo

Hortt Park Thursday, July 14 10:45 a.m.—11:45 a.m.

Understand how to protect, detect, and report Medicare fraud. Presentation combined with bingo games and prizes.

Please contact Ari Ffrench for questions or to RSVP (954) 828-4546.

Transportation Options for Seniors

Hortt Park Thursday, July 21 10:45 a.m.—11:30 a.m.

The Transportation & Mobility Department will explain transportation options for seniors in Fort Lauderdale.

Please contact Lee Lee Glickman at Beach Community Center for questions or to RSVP (954) 828-4610.

Rheumatoid Arthritis

Hortt Park Thursday, August 11 10:45 a.m.—11:30 a.m.

Recognize symptoms and understand the basics on this chronic inflammatory disorder that can affect more than just your joints.

Please contact Phil Peterson at Snyder Park for questions or to RSVP (954) 828-5408.



MONTHLY EVENTS

Self-Defense Workshop

Hortt Park

Thursday, June 30

10:45 a.m.—12:45 p.m.

Practice self-defense skills and experience a boxing workout in this heart-pumping, one-time workshop with A&J Self Defense.

Please contact Ari Ffrench for questions or to RSVP (954) 828-4546.

Create-A-Canvas

Hortt Park

Thursday, July 28

10:30 a.m.—2:30 p.m.

Explore your creative side. Create your own canvas from start to finish in this fun workshop with Art teacher Lorraine Maxwell. Beginners are welcomed!

Please contact Ari Ffrench for questions or to RSVP (954) 828-4546.

Corn Hole Tournament

Hortt Park

Thursday, August 18

11:00 a.m.—2:00 p.m.

Challenge other teams in this fun bean bag game by earning points when landing the bean bags in the platform hole. Light refreshments provided, prizes available.

Please contact Lee Lee Glickman at the Beach Community Center for questions or to RSVP (954) 828-4610.

OUTINGS

Thursday, June 16: Dinner at Olive Garden, 6:00-7:30 p.m. Bus pick ups: 5:00 p.m. at Osswald Park, 5:30 p.m. Holiday Park. *RSVP to Sandy Sullivan at Osswald Park (954) 828-6455.*

Saturday, June 25: Shopping at Sawgrass Mills Mall. Bus pick ups: 9:30 a.m. Holiday Park, 9:45 a.m. Lauderdale Manors, 9:55 a.m. Bass Park. Shop until 2:30p.m., then return using the opposite bus route. *RSVP to Phil Peterson at Snyder Park (954) 828-5408.*

Friday, July 8: Friday Night Sound Waves- Music and dancing @ the HUB on Fort Lauderdale Beach, at the corner of Las Olas & A1A, with the sounds of Party Express. *RSVP to Jon Quinton at Holiday Park (954) 828-4594.*

Friday, July 22: Monster Mini Golf. Bus pick ups: 12:30 p.m. Beach Comm. Ctr., 12:50 p.m. Bass Park. Golf from 2:00 —4:00 p.m. *RSVP to Lee Lee Glickman at the Beach Comm. Ctr. (954) 828-4610.*

Wednesday, Aug. 24: Movie: Ghostbusters, time TBD. *RSVP to Chiketia Ponder at Bass Park (954) 828-8498.*